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Suggested Vegetable Planting Dates for Utah

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Vegetable plants vary in their tolerance to cold temperatures and can be grouped into four major categories, A-D, for the purpose of spring planting dates. Of course, each season has its own unique weather conditions. The “Average Planting Date” shown in Table 1 is for the initial planting. With many crops such as broccoli, radish, carrot, sweet corn, and Swiss chard, several plantings can be made a few weeks apart and later than the average planting time. The suggested planting dates are based on interviews with Extension faculty and experienced gardeners in various parts of Utah.

Plants can be started from seed or transplants (young plants). The most commonly used method for the suggested planting time is listed. Many vegetables are easier to grow using transplants that are started indoors several weeks before planting outdoors. For example, artichokes need to be planted from seed indoors in early January and then grown for 2-3 months to be large enough for the transplant to be planted outside 3-4 weeks before the frost free date. Tomatoes are generally planted indoors in early April and then planted outside mid to late May. Detailed instructions for growing your own transplants are available in the USU Extension publication “Grow your own transplants at home” (Banks, 2011). For some plants, the difference between using a transplant and seed is minimal--for example, summer squash seed planted outside in warm soil can germinate in 3 days and you have a plant.

The book “Vegetables, Fruits, & Herbs” (USU Extension, 2012) gives detailed instructions on how to grow many different vegetables and is available

at: usuextensionstore.com. The website, garden.usu.edu, provides information on garden and soil care and detailed growing information for fruits and vegetables in Utah.

Group A: Hardy

(Plant as soon as the soil dries out in the spring.)

Seed:

Kohlrabi	Onions	Peas
Radish	Spinach	Turnip

Plants:

Artichoke	Asparagus	Broccoli
Cabbage	Turnip	Brussels Sprouts

Group B: Semi-Hardy

(Plant a week or two after “A” group or about 2 weeks before average last spring frost.)

Seed:

Beet	Carrot	Endive
Lettuce	Parsley	Parsnip
Potato	Salsify	Swiss Chard

Plants:

Cauliflower

Group C: Tender

(Plant on the average date of the last spring frost—about when first apples reach full bloom.)

Seed:

Cucumber	Dry Bean
New Zealand Spinach	Snap Bean
Spinach	Summer Squash
Sweet Corn	

Plant:

Celery

Table 1. Average Last Spring Frost and Suggested Vegetable Planting Dates for Various Locations in Utah.

City	Average Last Spring Frost	Vegetable Group and Average Date of Initial Planting			
		A	B	C	D
Beaver	June 6	April 15	April 25	May 20	June 1 (*P)
Castle Dale	May 25	April 15	April 25	May 25	May 15 (*P)
Cedar City	May 21	April 1	April 15	May 20	June 1
Coalville	June 18	May 1	May 10	June 10	May 15 (*P)
Duchesne	May 23	April 1	April 15	June 1	May 15 (*P)
Farmington	May 5	March 15	March 20	May 5	May 20
Fillmore	May 16	March 15	April 1	May 16	June 1
Heber	June 11	April 25	May 5	June 5	May 15 (*P)
Kanab	May 7	March 25	April 10	April 25	May 15
Laketown	June 15	May 1	May 10	June 1	June 1 (*P)
Loa	June 15	May 10	May 20	June 1	June 1 (*P)
Logan – SW Farm	May 23	April 15	April 25	May 23	June 1
Logan - USU	May 7	April 1	April 10	May 7	May 20
Manila	June 2	March 15	April 1	May 20	June 1 (*P)
Manti	May 24	May 1	May 10	May 25	June 1 (*P)
Marysville	June 3	May 1	May 10	May 20	May 25 (*P)
Midvale	May 13	March 15	April 1	May 13	May 27
Moab	April 18	March 15	April 1	April 15	May 1
Monticello	May 28	April 1	April 15	June 1	May 15 (*P)
Morgan	June 6	March 15	April 1	May 20	June 1
Nephi	May 16	March 15	April 1	May 16	June 1
Ogden	May 3	March 15	March 20	May 3	May 20
Panguitch	June 21	May 10	May 20	June 7	June 1 (*P)
Price	May 12	March 15	April 1	May 12	May 27
Provo – BYU	May 1	March 15	March 20	May 1	May 20
Provo – Airport	May 21	April 1	April 15	May 20	June 1
Richfield	May 28	April 1	April 15	May 25	June 1 (*P)
Salt Lake Int'l Airport	April 26	March 15	March 20	April 26	May 15
Salt Lake County-- Cottonwood Weir	April 30	March 15	March 20	April 30	May 15
Santaquin	May 14	March 15	April 1	May 14	June 1
St George	March 30	Feb 15	March 1	March 15	April 1
Tooele	May 7	March 15	March 20	May 7	May 20
Tremonton	May 3	March 15	March 20	May 3	May 20
Vernal	May 27	April 1	April 15	June 1	May 15 (*P)
West Jordan Conservation Garden	May 10	March 15	April 1	May 12	May 27
Woodruff	June 26	May 15	June 1	n/a	n/a

**P = Protected with cover*

The occurrence of frost can vary over a short distance due to changes in elevation and topography. Keep records for your own garden area. For average freeze dates in other areas, reference: climate.usu.edu.

Many vegetables can be planted for a fall harvest. Here are some examples.

Group D: Very Tender

(Plant when the soil is warm, about 2 weeks after "C" group.)

Seed:

Cantaloupe Lima Bean Winter Squash

Plant:

Eggplant Pepper Pumpkin
Tomato Watermelon

Group E: Special Plants for Fall Harvest

Average Planting Time

Beets	July 1-August 1
Cabbage	May 1-July 15
Kale	July 1-August 15
Lettuce	June 1-August 1
Onion	August 1-August 10
Rutabaga	June 15-July 1
Spinach	July 1-August 15
Turnip	July 1-August 1

Vegetable planting dates for the Washington County area are different than most of the rest of Utah. For suggested vegetable planting dates for several cities in Washington County, visit the website: www.dixiegardener.org.

References

- Banks, S. (2011). Grow your own transplants at home. Utah State University Extension. Available at: https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1827&context=extension_curall
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